



The Sanctuary

A Newsletter for Friends of Myra House

“Holistic Living Today
for a
Sustainable Tomorrow”



MYRA HOUSE
Holistic Living Center

Volume 1 • Number 1

Winter 2002

3643 N. Mills Ave., Claremont, California 91711
(909) 624-4648 • Fax (909) 624-4755
www.myrahouse.com

To all God's beloved, friends of Myra House:

Grace to you and peace from God and from the Lord Jesus Christ.

As a mother is going through recovery process after the birth of a child, Myra and I felt we have gone through the similar recovery time after Myra House was born. Out of recovery we are now able to generate a newsletter to say thank you for your help, encouragement and prayers. We are truly experiencing God's abundant grace by receiving precious gifts and various stories from guests and visitors. I will list all those names of people at the backside this newsletter. Myra and I are truly witnesses of the miracle that has happened in the process of delivering a holistic living entity, Myra House. The fish in the life-giving Pond is one of our stories in this season of Epiphany.

An oval shape water pond, about 50 feet by 30 feet in average depth two and a half feet which we call the life-giving Pond, needed fish in order to maintain a proper ratio of healthy water eco-system. The pond had only few small goldfish, as we could not afford to buy fish. One day, on the way home from a visit to Victorville UMC, I stopped by Saint Andrew's Abbey at Valyermo for sightseeing. I had never stopped before, even though I had read about this place in the newspaper several years ago. I happened to sit right next to an abbot Francis and found out their fish needed new home. I was thrilled to come home with thirteen goldfish and two koi which were each larger than my hand. Once an empty lonely-looking pond with only a few small fish, now it has become a flourishing pond with playful many fish. The pond has become a true living sanctuary not only for fish, but also for birds, bees and butterflies.

As the early Christians believed the sign of the fish was for our Lord Christ, and in the Songs of Solomon 8:7 the sign of fish is understood as a means of charity and divine love, we realize that the fish are the sign of God's promise for us. In remembering this promise we will continue our mission in Myra House where we will be a living, healing and caring sanctuary by transferring hospitality and Christ's love.

In this season of Epiphany you may also find the sign Epiphany and remember the God's promise for you. We also pray that each one of you may be in good health, just as it is well with your soul.



Myra House is a Holistic Living Center where we want to pursue God's calling – to hear and response to the concerns of the world. The concerns that we are hearing are the cries that the environment needs to be cared for, and that our contemporary pattern of living has become too compartmentalized. Because of this, we are exploring holistic dimension of religious life in three areas: Spirituality, Education and creating a Healing & Caring Community.

- **Spirituality:** it is the area where our living powers can be generated. It also gives us creativity and discernment. Our practice of spirituality comes from three areas: Communal meal times, Daily Prayers and Gardening.

Meals—we consider mealtime to be sacred from preparation to clean up. We encourage each guest to be a part of the preparation and clean up when possible.

Daily Prayers—two prayers are vital to the rhythm of daily life. We encourage each one to participate in both Morning Prayer (6:00 a.m.) and Evening Prayer (8:30 p.m.). The Morning Walk (about 2-miles) after the Morning Prayer is also important for our spiritual discipline.

Gardening—it is our spiritual and physical exercise. Each day there is a variety of work to do. We encourage at least 2-hours of gardening (one hour before noon and one hour after noon).

We are planning to build a labyrinth path in the secret garden, to allow visitors to experience another dimension of spirituality.

- **Education:** is about learning and teaching in order to draw out a new dimension of truth as the root word from the Latin *ducare* indicates.¹ The purpose of Christian education is the drawing out the truth about God's love through Jesus Christ and the nurturing of each person with the good news of Jesus. Christian education aims at spiritual formation so that each person can achieve both inward and outward transformation through the teaching and learning process. The truth can be revealed not only through learning the Scriptures but also through relationships of person to person, and person to nature. In Myra House we are able to learn the wisdom of God from trees, pond, birds, chickens, and watching airflow etc. We also able to learn interconnected relationship with nature by saving water, saving electricity, recycling, and saving scrap food for the compost.

Myra House becomes a vital educational place for the local church community and schools. Last November about seventy people visited and learned about energy saving and sustainable design tips. Once every month local experts come to teach CST and CGU students about gardening and ways of sustainable living.

Currently the Bible study group "the Beloved" meets once a week to learn about our relationship with God and creation while we study the Bible.

We are planning to offer a weekend program for college students and also one for families, so that they can learn first hand about holistic living.

- **Healing and Caring Community:** We believe that God heals what human beings have broken and calls on the community of faith to participate in the restoration of creation. However, the subject of saving our earth has remained a marginal concern in our church community despite the fact that the world is currently in an era of ecological revolution. There is growing awareness of our world's ecological crisis. As the twenty-first century begins, several environmental trends are shaping our destiny: population growth, rising temperature, falling water tables, shrinking cropland, collapsing fisheries, shrinking forests, and the loss of plant and animal species.² We are also emotional beings who are vulnerable and can be damaged easily. That is why we know a lot of our friends are suffering. The object of communal living is to change the habits of thought in regards to the earth and to act to effect this change on our contemporary compartmentalized living pattern by opposing selfish

individualism, oppressive hierarchies, economic development, profit making, and income inequalities. Myra House is a communal place of holistic dwelling that people come to, to heal and renew their life. They live in harmony with nature and combine daily prayers within an organic, regenerative environment.

We are planning to build a kiln for making ceramics and to make candles to expand the sense of community at Myra House and to help generate income, making the community more self reliant.

¹ Groome, Thomas H. *Christian Religious Education: Sharing Our story and Vision*, San Francisco: Jossey-Bass Publishers, 1980, 5.

² Brown, Lester R. et al., *State of the World 2000: A Worldwatch Institute Report on Progress Toward a Sustainable Society* (New York: W. W. Norton & Company, 2000), 5.



The Myra House project was made possible by learning the truth as an embodiment of what my compassion is and what my learning has been. I learned that each moment of our life is interdependent and interconnected with the web of life, with animals, plants, aquatic creatures and their environment because they live with us, share the land, air and water. I recognized that each living creature is energy sustainable. Each one is capable of being efficient and coefficient simultaneously. Therefore I want to totally rely on natural energy flows, practicing organic gardening and minimizing waste with maximum recycling. I also learned the truth that the energy of our life comes from the physical place, not just daily meals of rice and soup. As we have lived in this place, I was amazed how many things I still do not know. In this section I have attempted to name my brothers and sisters in our back yard.

I hope this will help the people who visit Myra House:

California Native Plants: California Canyon Grey (16), Pilularius 'Pigeon Point' (17), 'Centennial'(4), Epilobium californicum (13), Kavinskianus(3), Autumn Sage(4), Moon light(3)

Herbs: Peppermint, Sweet Basil, English Lavender, French Lavender, Spanish Lavender, Asian Dropwort Asian Wild Greens, Cabbage, Celery, Chard, Lettuce, Onions, Peas, Tomatoes, Broccoli, Spinach, Strawberry

Trees Previously on the Property: Paper Mulberry Tree, 7 Citrus, 3 Peach tree, 3 Crepe Myrtle, 2 Albezia

City Trees: Sawleaf Zelcova, Deodar Cedar,

Subtropical Fruits: Cardaba Banana, Black Mission Fig,

Deciduous Fruits: Cantaloupe, Anna Apple, Cox Orange Pippin

Apple, Gravenstein Apple, Pettingill Apple, Pink Lady Apple, Yellow Bellflower, Flora Gold Apple, Katy Apple, Royal Rosa Apple, 20th Century Asian Pear, Fuyu Persimmon, Hachia Persimmon, Royal Apricot, Lang Jujube, Li Jujube, August Pride Peach, Bonita Peach, July (Kim) Elberta Peach, Mid-Pride Peach, Saturn Peach, Artic Star Nectarine, Desert Dawn Nectarine, Desert Delight Nectarine, Panamint Nectarine, Beauty Plum, Burgundy Plum, Friar Plum, Late Santa Rosa Plum, Redheart Plum, Wickson Plum, Avocado Fuerte, Concord 'Eastern' Grape, Thompson Seedless Grape

CITRUS: Lisbon Lemon, Dancy Mandarin Orange, Cocktail Hybrid Grapefruit, Oro Blacno Grapefruit, Rio Red Grapefruit, Nagami Kumquat, Eureka Lemon, Improved Meyer Lemon, Bearss Seedless Lime, Pixie Tangerine, Cara Cara Navel Orange, Fukumoto Navel Orange, Moro Blood Orange, Minneola

Local Birds: Following is a list of birds is commonly visible at Myra House and the adjacent area at an elevation of 1000ft. (This information is from Pomona Valley Audubon Society)

Letter for habitat

a: aerial; c: garden; g: ground; o: oaks; p: pines and other conifers; r: riparian, ponds, streams; s: shrubs; t: various tall tree

California Quail (g), Ring Billed Gull (a), Rock Dove (a), Band-tailed Pigeon (opt), Mourning Dove (ot), Anna's Hummingbird (odc), Northern Flicker (ot), Black Phoebe(r), Western Scrub Jay (otpc), American Crow (at), Violet-green Swallow & Cliff Swallow (spring, c), Bushtit (os), Bewick's Wren (so), American Robin (tcg), Northern Mockingbird (ost), European Starling (t), Phainopepla (t), Yellow-rumped Warbler (sot), Spotted Towhee and California Towhee (gs), song Sparrow(r), White-crown Sparrow(gso), Purple Finch(prt), House Finch(sgot), Lesser Goldfinch (sot), House Sparrow(gct).



Thank you so much for your contribution from October 1, 2001 to January 14, 2002

As a staying guest: Ms. Merrillyn Black, Rev. Yong Chil Chung and staff of Valley UMC, Mrs. Kim of Sweet Garden Flowers Shop, Mrs. Hyn Ja Kim, Rev. Joshua M. Kim, Rev. Keith Hwang & Rev. Soomee Kim, Mr. Jae Young Lee and Rev. Lois McAfee.

As a visitor: Dr. John & Jean Cobb, Rev. Fred Erwin, Rev. Myung Duk Han, Mr. & Mrs. Sang Tae Hong, Ms. Beth Johnson, Dr. Ward McAfee, Rev. Larry James Peacock, Dr. Frank Roger, Bishop Mary Ann Swenson, and others.

As a reporter: Ms. Joanna Corman of the LA Times, Mrs. In Soon Kim of the Korea Central Daily and Mrs. Jung In Lee of the Korea Times.

As a volunteering instructor: Mr. Carlos Casillas of Monterey Landscaping, Dr. Mark von Wodtke of Claremont Environmental Design Group.

As a friend of Myra House: Mr. Kim Myung Bin and Mrs. Yeon Hyang Kim of the San Jose Valley Pharmacy, Dr. Michael Chai, Mr. Jae Won Cho, Mr. and Mrs. Moo Woong Choi of Towne Cleaners, Claremont United Methodist Church Congregation, Mrs. Naomi Kim, Dr. Seong Wook Kim, Mr. & Mrs. Joo Bok Lee, Mr. & Mrs. Daniel Min, Mr. Jin Ha Song, Mr. & Mrs. Joshua Song, Mr. & Mrs. Mun Ok Sunwoo, and Mr. & Mrs. George West.

As a supporting person for garden supply: Mr. Michael Y. Park of Holt Garden Center, Mr. Arde Riazi and Mr. Eric Randolph of Ranch Cucamonga Armstrong Garden Centers.

As a supporting person who provided recycled newspaper for pond making: Dr. Dan Domonoske

As a facilitator for local church congregation's education: Ms. Carolyn Francis

As a newsletter Editor: Mrs. Connie Jacobs of CJ Media

And Thank you for being true brothers and sisters from the Beloved Bible Study Group.

CURRENT NEEDS: Myra House currently needs a pulpit, Bibles, Hymnals, 8' diameter round table, 12 dining room chairs, and gardening supplies.

Myra House is a non-profit organization. Donations are tax-deductible for state and federal purposes.

EIN 95-4870354